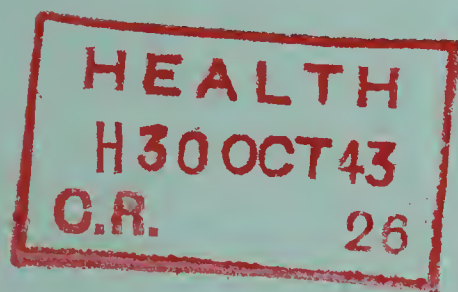


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WESTMORLAND COUNTY COUNCIL



ANNUAL REPORT

of the

COUNTY MEDICAL
OFFICER OF HEALTH.

THE YEAR 1942

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County of Westmorland.

Public Health Department,
County Hall,
Kendal,
August, 1943.

To the Chairman and Members of the County Council.

Ladies and Gentlemen,

We have the honour to present our Annual Report for 1942. Dr. Alcock resigned on the 31st January, 1942, and from that date we have been acting as Joint County Medical Officers.

During the year considerable new schemes have been commenced, including the Cancer Scheme, Scabies Clinics and the opening of various Emergency Medical Institutions. These are alluded to later in the report under their respective headings.

We wish to acknowledge with thanks the help and co-operation we have received from many sources. The Departmental Staff have given us valuable assistance in all the new schemes that have arisen, while from Dr. Cockill and the General Practitioners we have had every support and co-operation.

We have the honour to be,
Your obedient Servants,
J. WRIGHT,
J. F. DOW,
Joint County Medical Officers.

PUBLIC HEALTH OFFICERS OF THE AUTHORITY IN 1942.

Name.	Qualifications.	Office.	Whole or Part Time.	Other Offices.
J. M. L. Wright L.R.C.P., L.R.C.S., D.P.H.	Joint County Medical Officers	Whole	School Medical Officer, County of Westmorland
J. F. Dow M.D., Ch.B. ..		Whole	School Medical Officer, Borough of Kendal
J, Munro Campbell M.B., Ch. B., D.P.H.	Tuberculosis Officer	Part	Medical Superintendent, Meathop Sanatorium.
John Irvine L.D.S.	.. Senior Dental Officer.	Whole	
W. McGregor Morton L.D.S.	.. Assist. Dental Officer.	Part	School Dental Officer, Borough of Kendal.
E. A. Weaver L.D.S.	.. Assist. Dental Officer.	Whole	
Marjorie A. Brown M.A. Psychiatric Social Worker	Whole	

STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

Area (in acres, land and inland water)	504,917
Population (Registrar-General's estimate of Resident Population, mid 1942)	73,080
Total Rateable Value as on 1st April, 1942	...	£430,889	10 0
Estimated product of a Penny Rate (General County) for the financial year 1942-43	£1,715 0 0

EXTRACTS FROM VITAL STATISTICS IN THE YEAR 1942.

			Total.	Males.	Females.
Live Births—Legitimate	893	451	442
Illegitimate	57	40	17
			—	—	—
Total Births	950	491	459
			—	—	—

Birth Rate per 1,000 of the estimated resident population, 12.9.

Birth Rate, England and Wales, 15.8.

			Total.	Males.	Females.
Stillbirths	29	17	12
Rate per 1,000 total live and stillbirths, 29.6.					

			Total.	Males.	Females.
Deaths	814	398	416

Death rate per 1,000 of the estimated resident population, 11.1.

Death Rate, England and Wales, 11.6.

Deaths from Diseases and Accidents of Pregnancy or Childbirth:—

Puerperal Sepsis	1
Other Puerperal Causes	3

Rate per 1,000 total (live and still) births, for the purpose of calculating Maternal Mortality, 4.08.

Maternal Mortality Rate, England and Wales, per 1,000 total (live and still) births, 2.01.

Death Rate of Infants under 1 year of age:—

All infants per 1,000 total live births	63
Legitimate infants per 1,000 legitimate live births	55.9
Illegitimate infants per 1,000 illegitimate live births	175.4

Infantile Death Rate, England and Wales, 49.

			1941.	1942.
Deaths from Cancer (all ages)	140	110
„ „ Measles (all ages)	Nil	Nil
„ „ Whooping Cough (all ages)	Nil	1
„ „ Diarrhoea (under 2 years of age)	Nil	4

The Births registered in the last 5 years were as follows:—

Year ...	1938.	1939.	1940.	1941.	1942.
No. of Births ...	884	902	854	898	950

TABLE I.
DEATH RATE, 1941 and 1942.

Death Rate per 1,000 estimated average population.

District.			Death Rate 1941.	Death Rate 1942.
URBAN.				
Appleby	11.2	11.1
Kendal	12.2	10.7
Lakes	10.9	10.9
Windermere	11.2	12.7
RURAL.				
North Westmorland	13.2	10.4
South Westmorland	13.3	11.5
WESTMORLAND	12.4	11.1
ENGLAND & WALES	12.9	11.6

The chief causes of deaths in Westmorland in 1941 and 1942, in order of maximum fatality, were as follows:—

Cause.			No. of Deaths in 1941.	No. of Deaths in 1942.
Heart Disease	224	189
Cancer	140	110
Cerebral Haemorrhage	106	113
Nephritis	51	36
Other circulatory diseases	29	30
Bronchitis	27	28
Other deaths from violence	43	24
Pneumonia	30	21
Tuberculosis of respiratory system	29	20
Other digestive diseases	24	17

MATERNITY AND CHILD WELFARE.

TABLE II.

INFANTILE MORTALITY.

Rate per 1,000 Live Births.

District.			1940.	1941.	1942.
URBAN.					
Appleby	88	34	34.4
Kendal	48	53	57.5
Lakes	16	41	114.0
Windermere	36	30	47.6
RURAL.					
North Westmorland	45	55	46.9
South Westmorland	47	40	82.0
WESTMORLAND	47	46	63.1
ENGLAND & WALES	55	59	49.0

ILLEGITIMATE INFANT DEATH RATE.

Rate per 1,000 illegitimate Live Births.

			1940.	1941.	1942.
WESTMORLAND	105	100	175.4
ENGLAND & WALES	82	78	74.0

Causes of Death of Infants under 1 year in 1941 and 1942, including the Borough of Kendal.

Deaths in order of maximum fatality:—

			No. of Deaths in 1941.	No. of Deaths in 1942.
Prematurity	14	19
Other Causes	3	8
Congenital Malformations	14	7
Pneumonia	5	7
Atrophy, Debility and Marasmus	5	5
Convulsions	1	5
Cerebral Haemorrhage	—	4
Gastritis	—	3
Bronchitis	—	2
			—	—
	Total	...	42	60
			—	—

While the birth rate for the County shows but little variation during the past three years, it may be worth while to emphasise that these figures show a slight rise in the Infant Mortality Rate this year. (See Table II).

On investigation it is found that this is mainly due to a rise in the Infantile Mortality Rate in two districts, South Westmorland and the Lakes, and that in these districts 75% of the Infantile Deaths occurred in the first month of life.

A high Death Rate of Illegitimate Infants throughout the County is also worthy of note. These trends are being closely observed, and should any factor come to light which might influence this regrettable loss of infant life, it will be dealt with so far as is possible.

It must be remembered, however, in considering these statistics, that we are dealing with comparatively small figures in Westmorland, and therefore slight annual variations in actual Infant Deaths make an apparently steep rise in the Death Rate per 1,000 births which is quite out of proportion to its significance, unless it is maintained over a considerable number of years.

DISTRICT MIDWIFERY, INFANT WELFARE, HEALTH VISITING AND HOME NURSING.

During 1942 the following payments were made to the District Nursing Associations from the County Councils:—

	£	s.	d.
Maternity and Child Welfare Health Visiting ...	1310	0	0
Tuberculosis After-care Visiting ...	253	0	0
School Nursing ...	340	10	0
Midwives Act Services ...	2381	10	0
	<hr/>		
	£4285	0	0
	<hr/>		

A report follows, made by the County Medical Officer of Health to the County Nursing Association, on the work done by the 33 District Nurses acting as Health Visitors for the County Council.

REPORT ON THE WORK OF THE DISTRICT NURSES IN WESTMORLAND IN 1942.

Domiciliary Maternity Nursing.

	1942	1941	1940
No. of Midwifery Cases	186	159	154
No. of Maternity Cases	275	286	297
	<hr/>		
	461	445	451
	<hr/>		

No. of Nurses who hold Analgesia Certificates ..	4
No. of Cases in which Gas-Air Analgesia was administered by Nurses	15

Infant Welfare.	1942	1941	1940
No. of infants visited	678	572	590
Total Health Visits to Infants	6391	6149	6442
Total Health Visits to Children, 1—5 years ..	7950	7096	7485

Immunisation of Pre-School Children against Diphtheria.

In December, 1942, it was estimated from the reports of the nurses, that of the total child population of Westmorland aged 1 to 5, excluding the Borough of Kendal, 80% had been immunised.

This exceptionally high proportion of protected children is almost entirely due to the enthusiastic support of the scheme by our nurses, who have taken endless trouble to round up the mothers, and in many areas were able to report, with justifiable pride, that 100% of their pre-school children had been immunised.

Infant Welfare Centres.

There are now nine centres held once a month with the assistance of the nurses.

The clinics have been well attended and they serve as very useful centres for Immunisation as well as for the distribution of fruit juices, cod liver oil and at some centres dried milk.

Troutbeck clinic has been discontinued and a new centre has been started at Calgarth.

Attendances at Clinics.

	1942	1941	1940
Under 1 year	886	524	708
Over 1 year	1311	1434	1656
Average for Session ..	21	19	21

School Nursing.

The schools receive a routine visit by the nurses once a term, when the children are weighed and measured and a cleanliness inspection is made. 348 visits were made to homes in respect of verminous heads. The nurses assist at the Medical Inspection and Immunisation clinics held at each school now each term.

The excellent combined health propaganda of the teachers and nurses had brought up the proportion of immunised school children in December, 1942, to the gratifying level of 90%.

Tuberculosis Visiting and Infant Life Protection Visiting.

This is still being carried out very satisfactorily in all districts by the nurses.

Supervision of the Work of Midwives and District Nurses.

Very valuable assistance in this work has been rendered by Miss Gill who acts as Assistant Supervisor when she is not engaged in relief work for the nurses.

With her assistance it is hoped that a closer liaison can be kept between the Health Department and the District Nurses, who are carrying out so effectively the work of the Department, and that this liaison will be found to be helpful and will be welcomed by the nurses.

Relief Work carried out by Miss Gill, S.R.N., S.C.M., in 1942.

No. of Districts relieved	22
No. of weeks of Relief Work	36
No. of Maternity Cases	18
No. of Health Visits	315
No. of Sick Nursing Visits..	..	1253

Relief Work carried out in 1942 by Mrs. Sacré, S.R.N., S.C.M. (County Council Midwife in Kendal).

No. of Districts relieved	2
No. of weeks of Relief Work	5 (and one week-end)
No. of Maternity Cases in the County..		1

J. WRIGHT,

County Medical Officer.

REGISTRATION OF NURSING HOMES

(Sections 187 to 194 of the Public Health Act, 1936).

There were 6 Registered Homes at the end of the year, providing beds for 11 maternity patients and 57 other patients. They have all been inspected and found to be satisfactorily run.

SCHEME FOR ANTENATAL AND POST NATAL MEDICAL SUPERVISION OF MIDWIVES' CASES.

The Scheme operates in the County of Westmorland and the Borough of Kendal.

During 1942, reports on the number of women examined by their own medical practitioners were as follows:—

No. of women antenatally examined.	No. of reports.
180	262
...	

The results of the antenatal examinations on the 180 women were as follows:—

Normal cases to be undertaken by a midwife.	Abnormal cases to be undertaken by a doctor.	Cases to be admitted to Hospital for confinement.	Abnormal cases for extra antenatal visits.
156	13	11	10
Postnatal examinations.		Found to require treatment.	
59		10	

DENTAL TREATMENT FOR EXPECTANT AND NURSING MOTHERS.

Report of Senior Dental Officer for year ended 31-12-42.

During the year under review 50 patients have been treated within the scope of the scheme. The total number of visits made by patients to the clinic is 155—practically the same as last year. As in previous years the majority of patients were from Kendal Borough, and with two exceptions all patients were seen at Kendal clinic. There was a marked decrease in the number of cases requiring multiple extractions, and a corresponding increase in the number who had conservative treatment. Local medical practitioners administered general anaesthetics for extractions on 8 occasions. A total of 27 dentures were provided during the year, 6 to County patients and 21 to Kendal patients. Of the 43 sessions devoted to M. and C.W. work 7 were given to County and 36 to Kendal Borough treatment.

	Mr. Irvine.	Mr. Morton.	Total.
Extractions	185	—	185
Local Anaesthetics	19	—	19
General Anaesthetics	8	—	8
Scaling and gum treatment	5	—	5
Other operations	57	3	60
Fillings	23	—	23
Dentures	26	1	27

J. IRVINE,
Senior Dental Officer.

THE PUERPERAL PYREXIA REGULATIONS, 1939.

During 1942, 9 cases of Puerperal Pyrexia were notified. (See Tables, Notifiable Diseases, pages 18-19). Three of these patients were admitted to the Lancaster Isolation Hospital for treatment, one was admitted to Carlisle Infectious Diseases Hospital, and one was admitted to Kendal Isolation Hospital.

MATERNITY HOSPITAL ACCOMMODATION.

Westmorland County Hospital.

The Maternity block has 8 beds.

The Council's Institutions at Kendal and Kirkby Stephen continue to serve their useful purpose, and necessitous cases, maternity and general, are undertaken by these hospitals.

Helme Chase Maternity Home.

This Home is administered by a joint committee of representatives of the Westmorland County Hospital and the County Council. It was opened on the 4th December, 1939. There are 13 beds and one Labour Ward and one Isolation Bed. This provision is in addition to the beds provided at the Westmorland County Hospital. During 1942, 242 patients were admitted to the Helme Chase Maternity Home, and 75 cases received a grant towards the cost of their maintenance under the County Council Scheme.

St. Monica's Maternity Home for Unmarried Mothers. (Carlisle Diocesan Maternity Home).

The Home possesses 20 maternity beds. 48 maternity cases were admitted in 1942.

INFANT LIFE PROTECTION.

The Infant Life Protection Visitors are the various District Nurses. In the County during 1942 the figures were as follows:—

Number of persons on the Register who were receiving children for reward at end of the year	20
---	-----	-----	----

Number of children on the Register:—

(1) At the end of the year	20
(2) Who died during the year	Nil

MIDWIVES ACTS, 1902, 1917 AND 1936.

Total number of Midwives practising at the end of the year, 48; of these, District Nurses numbered 32.

Nurses in Institutions: 12, viz.:—

(a) Westmorland County Hospital	3
(b) Helme Chase Maternity Home	2
(c) St. Monica's Maternity Home, Kendal	2
(d) Public Assistance Institution, Kendal	1
(e) Private Nursing Homes	4

Salaried Midwives employed by the County Council, 2. Midwives in private (domiciliary) practice, 2.

Midwives' Notification Forms received during 1942 were as follows:—

Notification of sending for Medical Aid	172
Notification of Artificial Feeding	6
Notification of Stillbirth	4
Notification of Laying-out of a Dead Body	4
Notification of Liability to be a source of infection	8

The Midwives' Act, 1936, is carried out in the County by the District Nursing Services, and in the Borough of Kendal by the two salaried Midwives employed directly by the County Council.

Maternity Cases attended during 1942 are as follows:—

Domiciliary Cases.

	As midwives without a doctor.	As Mater- nity Nurses with a doctor.
In the County of Westmorland by the District Nurses ...	186	275
In the Borough of Kendal by the County Council Midwives ...	67	29
In the County and Borough by Mid- wives in Private Practice ...	—	—
	<hr/> 253 <hr/>	<hr/> 304 <hr/>

Cases in Institutions.

Westmorland County Hospital	11	24
Helme Chase Maternity Home	140	102
County Council Institution	6	1
Private Nursing Homes ...	6	48
	<hr/> 163 <hr/>	<hr/> 175 <hr/>

Gas-Air Analgesia.

During the year the Kendal Midwives have administered analgesia to 73 cases (Maternity cases 21, Midwifery cases 52).

Six District Nurses, acting as Midwives, have qualified to administer Gas-Air Analgesia and have been supplied with the necessary apparatus.

The policy of the County Nursing Association is to train as many midwives as possible to administer analgesia; those who have the largest number of cases and are anxious to qualify are selected first for the training courses.

SCHOOL WELFARE.

Home visits paid by School Nurses	1959
Dental Treatment	2531
Dental Inspection	6637
Medical Inspection	3450
Eye Examinations	254

NUTRITION IN SCHOOL CHILDREN.

From the following table it can be seen that in spite of more than three years of war-restrictions on food there is no perceptible lowering of the standard of nutrition of our school children, over 90% of whom have been found, at the medical inspections, to be in the normal or excellent category.

			Kendal.	Westmorland.
Excellent	41.5%	51.8%
Normal	48.02%	41.6%
Slightly Subnormal	10.3%	6.5%
Bad17%	.1%

BLIND PERSONS ACT, 1929.

No. of persons certified by the Council's Certifying Medical Officer during the year—9.

No. referred for specialist treatment under the Prevention of Blindness Scheme—9.

Total No. of Blind Persons on the Roll in December, 1942—99.

MENTAL DEFICIENCY.

Ascertainment and notification of Mental Deficiency in children under 16 is undertaken by the Council's School Medical Officer, who is recognised for this purpose by the Board of Education. Other cases are ascertained and certified by the medical practitioner appointed by the Council's Committee which deals with Mental Deficiency.

Institutional treatment is provided at Dovenby Hall, Cocker-mouth, and at Milnthorpe Public Assistance Institution and at other institutions by arrangement. After-care is carried out by the Cumberland, Westmorland and Carlisle Voluntary Mental Welfare Associations.

ORTHOPAEDIC SURGERY.

Orthopaedic surgery for children is undertaken at the Ethel Hedley Hospital, Windermere, where there are 50 beds, and clinics are held at Kendal and Penrith. The hospital is approved by the Board of Education as a Hospital School.

ANNUAL REPORT OF THE COUNTY ANALYST.

1. During the 12 months ended the 31st December, 1942, I have analysed 106 samples of Food and Drugs submitted by the Sampling Officers appointed for the County of Westmorland under the Food and Drugs Act, 1938, viz.:—

From the Appleby Division	51
From the Kendal Division	55
			<hr/>
			106
			<hr/>

Compared with the number of samples received for analysis during 1941, these figures show a decrease of only 2 samples.

2. The table given hereunder is a summary of the results of analysis of samples received, and the action taken in respect of those found not to be of genuine quality, with the outcome of such action:—

No. of milk samples submitted	69
No. of samples of other articles	37
				<hr/>
				106
				<hr/>

No. of samples adulterated or below standard	..	8
No. of samples of genuine quality but below standard	..	1
No. of samples of doubtful quality..	..	0
No. of reference samples	..	1
No. of appeal samples	..	4
No. of persons cautioned	..	0
No. of persons summoned	..	3
No. of persons convicted	..	3
No. of persons to pay costs only	..	0
No. of cases withdrawn	..	0
No. of cases in which no action was taken	..	2
No. of persons noted for further sampling	..	4
No. of cases pending at end of year	..	0
Amount of Fines	..	£3 10 0
Amount of Costs	..	£13 10 11

The number of samples reported as being adulterated or below standard is the same as it was both in 1940 and 1941.

3. The percentage of adulteration for the year is 7.92; for the 12 months ended the 31st December, 1941, it was 8.00. In each case all samples reported as being adulterated or below standard are included in these figures, and genuine samples below standard are taken into account in the total number for the purpose of calculation, but samples of doubtful quality and reference and appeal samples are not included, although the one reference sample taken during the past year was found to be deficient in Fat. In this case a summons was issued which resulted in a conviction.

4. During the year under review 64 samples of milk were taken in the ordinary course of inspection, the same number as in 1941, and of these 1 sample was found to be of genuine quality but below standard, and 7 were adulterated or below standard.

The sample returned as being of genuine quality but below standard gave 8.08% Non-fatty Solids as compared with the limit of 8.50% for Non-fatty Solids in milk, laid down in the Sale of Milk Regulations, 1939, while the freezing point of -0.550°C . showed that the deficiency was due to some natural cause and not to the addition of water.

Of the 7 samples reported as adulterated or below standard, 2 were deficient both in Non-fatty Solids and in Fat, and 5 were deficient in Fat; both samples deficient in Non-fatty Solids afforded freezing points of -0.501°C . and -0.515°C . respectively, which proved that the deficiencies in these samples were due to the presence of extraneous water.

Investigation of the samples reported as being adulterated or below standard led to 1 reference sample and 4 appeal samples being taken; the reference sample was deficient in fat, and of the appeal samples 3 were deficient in Non-fatty Solids and 1 was deficient in fat. The freezing points of the four appeal samples were all within the recognised range for genuine milk, the actual figures being -0.536°C ., -0.551°C ., -0.552°C . and -0.557°C ., so that the three appeal samples deficient in Non-fatty Solids were shown to be free from additional water.

Proceedings were instituted against the vendors of 2 of the samples reported as being adulterated, and at the hearings of the informations the cases were found to be proved and a fine with costs was inflicted in both.

The 56 samples of milk reported as being of genuine quality and complying with the Sale of Milk Regulations, 1939, afforded the following average figures for Non-fatty Solids and for Fat:—

Non-fatty Solids	8.76%
Fat	3.71%

for the year ended the 31st December, 1941, the average composition of 51 samples of genuine milk was

Non-fatty Solids	8.79%
Fat	3.74%

and for the 12 months ended the 31st December, 1940, the average composition of 54 samples of genuine milk was:—

Non-fatty Solids	8.77%
Fat	3.72%

Comparison of these results covering three full years of the war period, showing as they do practically no variation either in Non-fatty Solids or in Fat, go far to disprove so many of the statements made with regard to the effect of shortage of concentrated feeding stuffs upon the quality of milk, and in this respect there is certainly no evidence so far as the County of Westmorland is concerned.

The percentage of adulteration for Milk this year is 11.11, and for the year ending 31st December, 1941, it was also 11.11.

5. Other Samples. Samples of articles other than milk which were submitted for analysis during the past year were 37 in number and these represented 25 different commodities all of which, with the exception of a sample of Carbonate of Magnesia, were foodstuffs or articles used in the preparation of food.

Apart from a sample of so-called Onion Powder, the whole of these were of satisfactory quality in every respect.

The "Onion Powder" proved to be nothing more than Wheat Flour, and it was devoid either of the odour or taste of onions, and no chemical evidence could be found of the presence of Oil of Onion, but no proceedings were taken against the vendor, who had clearly purchased this stuff in good faith, and it was not possible to go right back to the manufacturers.

All the samples of food, and the like, complied throughout with the requirements laid down in the Food and Drugs Act, 1938, and with various Orders issued under the Defence Regulations, while the sample of Carbonate of Magnesia fulfilled the requirements of the British Pharmacopoeia, ed. 1932.

CYRIL J. H. STOCK,

County Analyst.

NOTIFIABLE DISEASES, 1942.

	Smallpox	Scarlet Fever	Diphtheria	Enteric Fever.	Paratyphoid Fever.	Erysipelas	Pulmonary Tuberculosis	Other Forms of Tuberculosis	Pneumonia	Encephalitis Lethargica	Poliomyelitis	Cerebro-spinal Fever.	Dysentery	Puerperal Pyrexia	Ophthalmia Neonatorum	Measles	Whooping Cough
Appleby	—	4	—	—	—	—	2	—	3	—	—	—	—	—	—	55	4
Kendal	—	32	54	—	1	6	24	3	1	—	—	2	—	4	—	63	2
Lakes	—	8	1	—	—	2	4	6	7	—	—	—	—	1	—	23	—
Windermere	—	2	1	—	—	2	3	1	5	—	—	—	—	—	—	70	—
North Westmorland ..	—	14	2	—	—	4	10	5	19	—	—	4	18	2	2	104	13
South Westmorland ..	—	33	4	—	1	8	13	2	12	1	1	1	—	2	—	54	18
Total	—	93	62	—	2	22	56	17	47	1	1	7	18	9	2	369	37

Notifiable Diseases (other than Tuberculosis) during the Year 1942.

Ages.	Scarlet Fever.	Smallpox.	Diphtheria.	Enteric Fever.	Paratyphoid Fever.	Erysipelas.	Pneumonia.	Encephalitis Lethargica	Poliomyelitis.	Cerebro-Spinal Fever.	Dysentery	Puerperal Pyrexia.	Ophthalmia Neonatorum.	Measles	Whooping Cough
Under 1 year ..	—	—	—	—	—	—	2	—	—	—	1	—	2	2	4
1 " ..	1	—	3	—	—	—	—	—	—	1	1	—	—	23	1
2 " ..	3	—	2	—	—	—	—	—	—	—	—	—	—	18	5
3 " ..	4	—	5	—	—	—	2	—	—	—	—	—	—	29	3
4 " ..	7	—	6	—	—	—	4	—	—	—	2	—	—	44	—
5 " ..	42	—	26	—	—	1	6	—	—	—	2	—	—	176	24
10- " ..	26	—	11	—	—	—	2	—	—	—	—	1	—	68	—
15- " ..	4	—	3	—	—	—	1	—	1	2	3	—	—	1	—
20- " ..	5	—	4	—	2	5	10	—	—	2	6	5	—	6	—
35- " ..	1	—	1	—	—	2	4	—	—	1	1	3	—	1	—
45- " ..	—	—	1	—	—	9	11	—	—	1	1	—	—	1	—
65 and over ..	—	—	—	—	—	5	5	1	—	—	1	—	—	—	—
Total Cases notified	93	—	62	—	2	22	47	1	1	7	18	9	2	369	37
Cases admitted to Hospital ..	87	—	59	—	1	—	1	1	1	7	—	3	—	1	—
Total Deaths ..	—	—	6	—	—	—	4	—	—	—	—	1	—	—	1

NOTIFIABLE DISEASES.

A table will be found on page 19 detailing the incidence of these diseases in 1942. The Registrar-General has supplied figures as to the incidence per 1,000 of the estimated average population of notifications of certain diseases in 1942 in England and Wales. In the following table the incidence of notifications of these diseases in Westmorland is compared with that of England and Wales:—

Notification Rates per 1,000 of the estimated resident population in 1941 and 1942.

Disease.	Westmorland.		England & Wales.	
	1941.	1942.	1941.	1942.
Typhoid Fever ...	0.08	—	0.03	0.01
Paratyphoid Fever ...	0.05	0.03	0.09	0.01
Cerebro Spinal Fever ...	0.33	0.09	0.25	0.14
Scarlet Fever ...	0.91	1.27	1.47	2.19
Whooping Cough ...	5.53	0.50	4.39	1.73
Diphtheria ...	0.22	0.84	1.25	1.05
Erysipelas ...	0.26	0.30	0.30	0.30
Smallpox ...	—	—	—	—
Measles ...	5.24	5.04	10.33	7.46
Pneumonia ...	0.78	0.64	1.25	1.07

It will be observed that there has been on the whole no marked increase in the incidence of infectious diseases. Diphtheria is an exception, and returns subsequent to this report have shown a distinct increase in Kendal Borough, and this is in spite of the fact that immunisation has been carried out throughout the County to a very full extent and the majority of the children have been immunised.

The lesson which can be drawn from this is that immunisation, to be effective, must be complete, as otherwise carriers can infect the non-immunised. This is the ideal at which we are aiming.

CANCER ACT, 1939.

Arrangements have been made by the County Council under Section 1 of the above Act and were approved by the Ministry of Health on the 29th June, 1942.

Provision has been made for:—

- (a) a clinic for diagnosis and observation after treatment, to be held at the County Hospital, Kendal, once each month, conducted by the Director of the Holt Radium Institute, Manchester;

- (b) radio-therapeutic treatment and in-patient accommodation at the Holt Radium Institute;
- (c) surgical treatment and in-patient accommodation at the County Hospital, Kendal, and the Christie Hospital and Holt Radium Institute, Manchester.

The first Cancer Clinic was held at the Westmorland County Hospital, Kendal, on the 1st August, 1942, in charge of Dr. Nuttall, of the Christie Hospital and Holt Radium Institute, Manchester.

No. of clinics held at Kendal since the inception of the scheme to 31st December, 1942	6
No. of new cases seen	83
No. of follow-up cases seen	41

No. of cases admitted to the County Hospital:—

New cases	9
Follow-up cases	—

No. of cases admitted to the Christie Hospital, Manchester:—

New cases	5
Follow-up cases	—

No. of cases attending for out-patient treatment at Manchester:—

New cases	12
Follow-up cases	—

Arrangements are working most satisfactorily, and it is gratifying to find how quickly new patients are dealt with after their attendance at the clinic.

Westmorland can take pride in the fact that they are one of the first Authorities to have such a scheme in operation.

DEATHS FROM CANCER, 1941 and 1942.

1941.				1942.		
	Males.	Females.	Total.	Males.	Females.	Total.
Urban Districts	31	30	61	21	34	55
Rural Districts	31	48	79	26	29	55
			—			—
	Grand Total		140	Grand Total		110
			—			—

TUBERCULOSIS.

In the following Table are the figures for the notifications of, and deaths from, Tuberculosis in 1942.

TUBERCULOSIS IN 1942.

Age Periods.	NEW CASES.				DEATHS.			
	Respiratory.		Non-Respiratory.		Respiratory.		Non-Respiratory.	
	M.	F.	M.	F.	M.	F.	M.	F.
0	—	—	—	—	—	—	—	—
1	—	—	1	—	—	—	—	—
5	1	—	4	1	—	—	—	—
15	5	14	—	4	1	2	—	—
25	5	8	1	3	5	1	—	—
35	3	5	1	1	—	1	1	1
45	7	4	1	—	5	3	—	—
55	—	1	—	—	1	—	—	—
65	—	2	—	—	1	—	—	1
TOTAL	21	34	8	9	13	7	1	2
1941	43	28	20	21	8	18	3	6

It will be observed that there is a decrease in Tuberculosis during the year 1942.

In 1942, 46 patients were admitted to the Westmorland Sanatorium, Meathop. (See page 24).

Seven patients suffering from surgical tuberculosis of the bones or joints received in-patient treatment as follows:—

In the Ethel Hedley Orthopaedic Hospital	3
In the Oswestry Hospital	3
In the Royal Lancaster Infirmary	1

The report which follows has been prepared by Dr. J. Munro Campbell, the Clinical Tuberculosis Officer, who is also Medical Superintendent of the Westmorland Sanatorium, Meathop, and to whom our thanks and appreciation are expressed for his very helpful co-operation.

COUNTY OF WESTMORLAND TUBERCULOSIS SCHEME.

Under this scheme the Medical Superintendent of the Sanatorium acts as Clinical Tuberculosis Officer and carries out Dispensary work at Kendal, Appleby and Meathop, as well as domiciliary visiting of patients in the more outlying areas of the county. During the year there were 217 patients seen for the first time, and of these 81 (including 23 patients transferred from other areas) were suffering from tuberculosis. There is a slight increase in the total now on the Dispensary Register; and though the figures dealt with are very small, it is noticeable that there is an increase in the number of female pulmonary cases and in the total of the non-pulmonary group. Towards the reduction of this latter figure it is necessary to emphasise once again (as is done in the recent Medical Research Council Report on Tuberculosis in War-time) the danger, especially to children, of infected milk. As the quantity of Tuberculin Tested Milk available is still small, it seems essential that the general milk supply should be so treated (adequately pasteurised or even boiled) as to render it safe from the danger of transmitting tubercle of bovine origin to the human host.

	Pulmonary.				Non-Pulmonary				Total
	Male	Female	Male Children	Female Children	Male	Female	Male Children	Female Children	
Patients on register 1/1/42	97	84	20	9	13	22	17	13	275
Patients "transferred in"	5	13	0	0	0	1	1	3	23
New Cases T.B.—	6	7	1	0	0	0	0	0	14
New Cases T.B. +	8	13	0	1	0	0	0	0	22
Non-Pulmonary	—	—	—	—	3	6	9	4	22
Recovered	1	6	1	0	2	1	3	2	16
Died	11	6	1	0	1	2	0	0	21
Removed	10	4	1	1	1	2	7	2	28
Lost sight of, etc.	2	1	2	0	2	0	0	0	7
On register 31/12/42	92	100	16	9	10	24	17	16	284

There were a few non-pulmonary cases treated at Calgarth Hospital and Oswestry Orthopaedic Hospital.

The pulmonary cases were treated at Westmorland Sanatorium, and the following table shows the admissions and discharges.

			In Institutions on Jan. 1.	Admitted during the year.	Discharged during the year	Died in the Institution	In Institutions on Dec. 31.
Number of Patients.	Adults	M.	13	18	19	5	7
		F.	12	21	17	2	14
	Ch'd'n		3	3	3	1	2
Number of Observation Cases.	Adults	M.	—	1	1	—	—
		F.	—	2	2	—	—
	Ch'd'n		—	1	—	—	1
Total			28	46	42	8	24

The District Nurses continue to give me great help, not only in the Dispensary work but also with the domiciliary visiting, and send regular reports on their patients.

X-Rays.—There were 264 films taken at the Sanatorium in connection with Dispensary patients. Patients attending for X-Ray or A.P. refills have been greatly helped by weekly transport being provided from Kendal by the W.V.S. This service is greatly appreciated.

During the year there has been much heard of the use of Mass Radiography, and the results have been interesting and instructive. There is no doubt as to the great potentialities of this method, relative to the early discovery, diagnosis and control of Tuberculosis. So far the early cases have been elusive, and the large majority of patients coming for treatment have already had well-established pulmonary disease.

The compact, self-contained unit for Mass Miniature Radiography can, of course, be used for the full-sized film also. It would seem that the provision of such an apparatus for use in “covering the County” would be of inestimable help not only for “mass” work, but also for the ordinary investigation and following up of cases in a widely-spread district where X-Ray apparatus is scarce and transport facilities poor.

One would also like to record, very briefly, another factor which will be of incalculable benefit in the Prevention and Treatment of Tuberculosis, and that is the serious attempt, at present under way, to recognise and ameliorate the economic factor as it effects the patient and family.

Like, I suppose, most hospitals, we find the times difficult and the staffing problem all too real. It is therefore with more than usual gratefulness that I express my appreciation and thanks to my assistants, secretary, matron and all members of the staff, who have helped to keep things going efficiently and well.

I am,

Yours obedient servant,

J. MUNRO CAMPBELL,

Medical Superintendent,

and County Clinical Tuberculosis Officer.

BOVINE TUBERCULOSIS.

The Tuberculosis Order, 1938, is carried out by the Divisional Inspector, Ministry of Agriculture and Fisheries, in co-operation with the County Police.

During the period 1st January - 31st December, 1942, 28 animals were slaughtered under the above Order as follows:—

15 Cows in Milk—

- 3 suffered from tuberculous udders.
- 11 suffered from chronic cough.
- 1 suffered from emaciation.

12 other Cows or Heifers—

- 2 suffered from a tuberculous udder.
- 9 suffered from chronic cough.
- 1 suffered from emaciation.

The compensation to owners is now paid by the Ministry of Agriculture and Fisheries.

It cannot be too strongly emphasised that Bovine Tuberculosis is largely due to infected milk, and we feel that a very strong line should be taken in this matter. The notification of such cases is in the hands of the Medical Practitioners, and it is probable that quite a number of borderline cases do not come to our notice in which the diagnosis is not definitely confirmed.

I desire to thank the Divisional Inspector for his ever-ready and valued help in investigating bovine tuberculosis.

BACTERIOLOGICAL AND BIOLOGICAL EXAMINATION OF MILK.

The systematic examination of milk samples for the bacterial count and for the presence of *Bacillus Tuberculosis* was commenced in November, 1932.

The following figures deal with the period November, 1932, to 31st December, 1942:—

BIOLOGICAL EXAMINATION OF MILK (for the presence of *Bacillus Tuberculosis*).

Period.	Total Cows.		Samples reported on.		T.B.	
					Neg.	Pos.
14th Nov., 1932, to 31st Dec., 1941	...	42418	...	2980	...	2956 24
1st Jan., 1942, to 31st Dec., 1942	...	2167	...	111	...	108 3
		<hr/> 44585 <hr/>		<hr/> 3091 <hr/>		<hr/> 3064 27 <hr/>

BACTERIOLOGICAL EXAMINATION OF MILK (Methylene Blue Test for Cleanliness).

	Total Cows.	No. of bulk Samples.	Satisfactory.	Unsatisfactory.	Neg. for B.Coli.	Coliform Bacilli present in 1/100 m.		
						1 tube	2 tubes	3 tubes
Non-designated Producers	...	3337	184	77	103	63	20	18 79

(Of the 184 samples taken, 4 were tested by the phosphatase test and were found to be satisfactory; 66 were repeat samples—result: 17 satisfactory, 49 unsatisfactory).

The regular supervision of Tuberculin Tested and Accredited Milk is carried out by the County Agricultural Organiser.

The foregoing figures show that in the biological examination of Milk for *Bacillus Tuberculosis*, of the 3,091 samples representing the milk from 44,585 cows, 27 samples were positive.

Immediately on receipt of a positive Laboratory report on a sample the Divisional Inspector is informed and makes arrangements for the examination of the herds involved, for the excluding from the milk herd any suspected cows, for the taking of individual samples from such cows for biological examination, and for a bulk sample being taken from the rest of the herd. Cows proved to be yielding the germ in their milk are destroyed.

As regards the Methylene Blue Test and the B.Coli tests for cleanliness, the above figures show that a considerable number of the samples are not of a high standard of cleanliness.

A duplicate copy of the Laboratory report on each sample is passed to the Medical Officer of Health of the Westmorland Combined Districts, who, through the various Sanitary Inspectors, informs the milk producer. When an unsatisfactory report is received steps are taken to encourage the producer in question to overhaul his methods and to secure cleaner milk. The active co-operation of the County Agricultural Organiser is invaluable here.

VACCINATION.

Return showing the numbers of persons successfully vaccinated and re-vaccinated at the cost of the rates by the Medical Officers of Institutions and the Public Vaccinators during the year ended 30th September, 1942:—

Vaccination District.	Numbers of successful Primary Vaccinations of persons :—			Number of Successful Re-vaccinations, <i>i.e.</i> , successful vaccinations of persons who had been successfully vaccinated at some previous time.
	Under one year of age.	One year and upwards.	TOTAL.	
North Westmorland	35	8	43	3
South Westmorland	88	101	189	Nil
TOTALS	123	109	232	3

PUBLIC HEALTH (VENEREAL DISEASES) REGULATIONS.

Westmorland patients are treated at the V.D. Clinics at the Cumberland Infirmary, Carlisle, and the Royal Infirmary, Preston.

Eight new patients underwent treatment at the Carlisle Clinic in 1942, of whom 1 was suffering from Gonorrhoea, 3 from Syphilis, and 4 from other conditions. The total attendances of patients, old and new, numbered 62.

Four new patients underwent treatment at the Preston Clinic. This clinic only commenced for Westmorland patients in December, 1942. Three were suffering from Syphilis and 1 from other conditions. The total attendances of patients, old and new, numbered 7.

All applicants, before admission to St. Monica's Maternity Home for unmarried mothers, have the Wassermann test applied. Should any prove positive they are admitted to the Hope Maternity Hospital, Leeds, for appropriate treatment. One patient was admitted to this Hospital during 1942.

In 1942, 101 blood specimens were sent to the Public Health Laboratory, Manchester, of which 9 were positive and 92 negative. Drugs were supplied to private practitioners for 7 patients.

A new scheme of using the Royal Infirmary Clinic at Preston has proved most satisfactory and the patients attending are treated with skill and courtesy.

DIPHTHERIA IMMUNISATION, 1942.

No. of Children Treated.			Under 5.	School Age.	Total.
Appleby	49	25	74
North Westmorland	515	456	971
Lakes U.D.C.	72	76	148
Windermere U.D.C.	70	150	220
South Westmorland R.D.C.	155	403	558
Kendal	394	589	983
			1255	1699	2954

At the end of December, 1942, as a result of a census taken with the help of the Headteachers and the District Health Visitors, it was ascertained that in the County of Westmorland, excluding the Borough of Kendal, 90% of the school children were immunised and 80% of pre-school children between the ages of 1 and 5.

Likewise in the Borough of Kendal similar steps have been taken, and the proportion immunised is much the same.

This very high proportion of children in Westmorland protected against Diphtheria is the outcome of a vigorous campaign conducted continuously since war began by the Council's staff. Full credit for the important and astonishingly successful propaganda among parents is due to the whole-hearted co-operation and enthusiasm of the school teachers and the District-Nurse Health Visitors.

If we can maintain this high proportion of immunised children we should soon be able to record a considerable fall in the incidence of Diphtheria, if not its total elimination.

In 1942 the incidence among children in the County of Westmorland was .06 per 1,000 of the population.

In the Borough of Kendal the incidence in children was 2.9 of the population of the Borough.

The figures for the Borough, after making due allowance for the different environment, have caused some perturbation, and a vigorous policy of immunisation among school children has been adopted.

EMERGENCY MEDICAL SERVICES.

Trerose Maternity Home, Arnside.

This Maternity Home was opened in July, 1942, to accommodate 10 lying-in cases, for the reception of expectant mothers from Barrow-in-Furness. Westmorland cases can also be admitted at a fee of £3 3s. per week. The following cases were admitted up to the 31st December, 1942:—

	No. of cases.
Barrow-in-Furness 	6
Private 	2
County Maternity and Child Welfare Scheme	1
	—
Total	9
	—

It will be realised that a new scheme of this type takes some time to be accepted. The situation of the Home and the care which patients have received have been universally appreciated, and there is no doubt that the Home will be much more used in the near future.

Dungarth Ante-natal Hostel, Arnside.

This hostel, for the accommodation of 20 cases, was also established in July, 1942, in conjunction with Trerose Maternity Home, for ante-natal cases. Although this Hostel has not been used, it is fully equipped and is being maintained on a care and maintenance basis, and is being supervised by the staff of Trerose Maternity Home.

St. John's Vicarage, Windermere, Short-time Residential Nursery.

This Residential Nursery was opened on the 24th August, 1942, for the reception of children under 5 years of age whose mothers are either at Trerose or Dungarth. Accommodation is provided for 21 children. Children of war workers can also be admitted at a charge of 1s. 6d. per day. The number of children admitted up to the 31st December, 1942, was 8.

In this case, also, a nursery requires some time before its acceptance is appreciated and it is fully used.

Quarry Garth War-time Day Nursery, Windermere.

This War-time Nursery was opened on 19th September, 1942, for children of working women.

It has accommodation for 40 day children from 0-5. It is a pleasant private house with ample play space in its own grounds, and is well provided with play equipment, thanks in large part to the generosity and industry of the children in the Windermere schools, who made excellent toys for the Nursery.

The charge is 1s. a day, which includes meals. Owing to the distance of the Nursery from the nearest residential settlement it is necessary to transport the children to and from their homes by a car generously lent for this purpose. This arrangement is greatly appreciated by the parents.

Ibbotsholme Sick Bay, Windermere.

This Sick Bay was opened in September, 1940, for the care of evacuated children suffering from minor ailments, and has been of great use.

Ninety-one cases were admitted during the year 1942. It should be mentioned that the scheme by which hostesses could receive 5s. per week for attending to sick children in their homes has mitigated to some extent against the children entering this institution. The main cases admitted during 1942 were as follows:—

Ailments.			No. of Cases.
Adenitis	4
Rheumatism	3
Debility	26
Bronchitis	2
Asthma	5
Fractures	4
Injury of Knee	1
Otitis	3
Epilepsy	3
Pneumonia	1
Enuresis (for diagnosis)	7

SCABIES.

Since the commencement of evacuation this has been one of the biggest problems with which we have had to deal. Immediately we took over, clinics were established at the First Aid Posts at Kendal and Appleby with the consent of the A.R.P. Committee, and these clinics have been held regularly throughout the year. After some experiments with various drugs, Benzyl Benzoate has been found to yield by far the best results, and by the end of the year this disease was largely under control.

The cases treated are shown as follows:—

	Cases Treated.	Baths Given.	Cases attending last Clinic.
Kendal (from February, 1942) ...	225	986	10
Appleby (from May, 1942) ...	87	191	6
	<hr/> 312	<hr/> 1177	<hr/> 16

Adults were also treated at these clinics.

CASUALTY BUREAU.

The usual duties in connection with the Casualty Bureau are being carried out as before, and returns of service sick and empty beds are made to the Ministry of Health in accordance with information received from the County Hospital and Morland Hall Convalescent Hospital. Reports have been made of injuries received by A.R.P. Personnel, and in the event of any local air activity full arrangements have been made for reporting casualties according to instructions.

It should be appreciated that Service men from a varied number of units come into our hospitals, and reports have to be made to their units and the Ministry of Health on their admission and discharge. The clerical work involved in this is considerable.

Thanks are due to the A.R.P. Committee for the use of their ambulances in transferring cases to and from hospital.

CIVIL NURSING RESERVE.

Westmorland may take credit for the response of the young women of the County to the appeal for nurses. By the end of 1942 the numbers serving in hospitals were as follows:—

Trained Nurses	11
Assistant Nurses	9
Nursing Auxiliaries	86

They are mostly employed in hospitals in the North-West Region. Each girl, on application, is interviewed by the County Medical Officer and the Matron of the County Hospital or Isolation Hospital and approved before entry.

A fortnight's training follows at the County Hospital, at the end of which the Matron supplies us with a confidential report of the girl's adaptability. Only two of our applicants have failed to satisfy these conditions.

A very high tribute should be paid to the Matron and staff of the County Hospital for the kindness and patience they have displayed in training these girls.

It may also be remarked that quite a number have found nursing so fascinating that they have left the reserve and decided to take up full training.

EVACUATION.

Many problems have arisen in connection with the above which are not dealt with in this report. The County Medical Officer has assisted Billeting Officers whenever possible in such matters as investigating complaints, certifying children for admission to the Sick Bay or Hostels, and generally helping in any medical points arising.

Miss Marjorie A. Brown, the Psychiatric Social Worker, has proved a tower of strength during the year. She is an official of our Council, but the bulk of her work does not come to their notice and the Council should realise that the help which she has given in adjusting billets and helping the Billeting Officers throughout the County has been beyond praise. 123 new cases of difficult evacuated children (80 boys and 43 girls) were referred to her during the year, and contact was maintained with 39 cases carried forward from 1941. Enuresis was the most frequent complaint for which children were referred, but this gradually improved during the year. Three hostels for difficult children were opened by Local Authorities during the year; one in North Westmorland and two in Kendal, bringing the total of such hostels in the County to four. A number of children who had been unable to adapt themselves to billets showed great improvement after a period of hostel residence.

A clinic, giving a diagnostic psychiatric service, was opened in June and held at monthly intervals thereafter. While this was established mainly for evacuees, it has also been available for local children.

The clinic has been particularly valuable, as, though a large number of evacuees have returned home, a higher proportion of those who remain exhibit behaviour and character difficulties.

